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**HURSTBRIDGE & DISTRICT ADULT RIDING CLUB (HDARC)
RIDING AT CLUB GROUNDS POLICY**

Hurstbridge & District Adult Riding Club (HDARC) want to keep all of its members as safe as possible when riding at our grounds both at rallies and whilst privately training.

All forms of equestrian activity involve some level of risk. Riding whilst there is nobody else at the grounds escalates this risk. If you were to come off your horse, there would be no-one there to help or to get help for you.

HRCAV and its insurers highly recommend that members refrain from riding alone.

HDARC Committee **do not advise riding alone at our club grounds**. **It’s always safest to ride with someone else,** so ideally we would prefer that (as a minimum) **members ride as a pair,** so that you can look after each other if something goes wrong. If riding with somebody else cannot be achieved, and you choose to ride alone, it is your responsibility to ensure your safety by alerting someone that you are riding alone. **Always carry your phone on your person (best in silent mode) and make sure it is fully charged!**

Call/text a member of your family or a friend or club member who lives nearby and let them know that you are at the club grounds alone and planning to ride. Advise the time that you intend to start your ride and the time that you expect to finish. Call/text that person once you have finished your ride to let them know that you are safe.

Thanks to technology, there are other options available to assist your safety. Below are a few suggestions:

* **The Apple Watch Series 4** and higher has a fall detection feature that can summon help in an emergency. If the watch detects that you’ve fallen, it will display an alert, set off an alarm, and even tap you on the wrist. If you don’t dismiss the alert, or the watch detects that you haven’t been moving for a minute, it will automatically call emergency services and alert them to your location.
* **Equilab Equestrian Tracker** – has a GPS feature, it gives people you choose access to your GPS location as you ride in real time, alerts the person when you start and finish your ride and makes sure that you and your phone are moving.
* **Fall Safety Apps – eg. Horse Rider SOS**. If you fall off and stop moving the app will send a notification with your location to your designated emergency contact.

**Always wear your approved helmet and safe riding boots.**

HRCAV General Rule 9.2 now reads:

Insurance cover is voided if an accident occurs whilst mounted and the rider is not wearing an approved equestrian helmet with a fixed harness. Approved equestrian helmets must comply with the following standards: AS/NZS 3838 (AU), ASTM F 1163 (USA), PAS 015 (UK) and VG1 (Europe). The EN 1384 (Europe) standard is only acceptable for helmets which were manufactured prior to 2016.

Members are reminded that helmets should be replaced following a fall and that the generally accepted usable life of most helmets is 5 years. Please check the label in your helmet to ensure that it complies with the new rules.

**Carry identification on your person** – wear a medical armband.

When riding, the best place to stow your mobile phone is in a leg pocket (just for phones) in your jodphurs or in a pocket of a vest or jacket.

Finally - **Don’t Push Your Limits** while you are riding alone. It is not a great idea to school over super high fences. Save these rides for the days when there are other people around. Make wise choices!

Stay safe and have fun!

HDARC Committee

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